

Crew Off Duty

GMT	Crew	Activity
08:30–08:40		Morning inspection
08:40–09:10		Post-sleep
09:10–10:00		BREAKFAST
10:00–10:40	FE-2	Maintenance of COЖ
10:05–10:20	FE-1	Private psychological conference (<i>S-band</i>)
10:45–10:50	CDR	PLANTS-2: payload status check
10:50–10:55		Inspection of БРПК separator
10:55–11:00		Inspection of BP fan in the operating CKB
11:00–11:05		Calldown of СП flush counter status (<i>VHF</i>)
11:05–11:10		Calldown of CBO water supply status (<i>VHF</i>)
12:00–13:30	FE-1	Physical exercise (RED)
13:00–14:30	CDR	Physical exercise (TVIS + active rest / day 1)
13:30–14:30	FE-1	Physical exercise (CEVIS)
13:30–14:30	FE-2	Physical exercise (VELO + Load Trainer-1 / day 1)
14:30–15:30		LUNCH
15:35–15:50	FE-1	Private family conference (<i>S-band</i>)
16:25–16:40	FE-2	
17:00–18:00	CDR	Physical exercise (VELO + Load Trainer-1 / day 1)
18:00–19:30	FE-2	Physical exercise (TVIS + active rest / day 1)
18:10–18:25	CDR	Private family conference (<i>S-band</i>)
20:35–20:45	FE-1	LAB payload status check (off-day)
20:45–21:15		Daily plan review
21:15–21:30		Prep for work
21:30–21:45		Daily planning conference (<i>S-band</i>)
21:45–22:00		Prep for work
22:00–22:30		DINNER
22:30–23:00		Daily food prep
23:00–00:00		Pre-sleep
00:00–08:30		SLEEP

NOTE:

See OSTP for references to US ODF

Task List: CDR, FE-2: HDTV

End of radiogram